



Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life

By Jon Gordon

Perigee Trade. Paperback. Condition: New. 256 pages. Dimensions: 7.4in. x 5.4in. x 0.9in. If you have ever said I wish I had more energy or I just don't have the energy then you need to Become an Energy Addict. We all wish we had more energy to meet the increasing demands of every day life. And we all wish we had more time to do all the things on our to-do list. Many of us are overstressed, overworked and overtired. The problem is that it's not getting any easier. Somehow the days are getting shorter while our to-do lists are getting longer. Our pace of life continues to get faster and the demands continue to increase. We fight through each day, battling fatigue and headaches, stress and frustration, depression and grumpiness, back and neck problems. We attempt to fight back with caffeinated drinks and candy bars with the hope that they will give us just enough energy to accomplish our tasks before we crash. But when the caffeine and sugar wears off we are left feeling tired once again. Tomorrow it starts all over. We need more energy and time but where do we find them Unless Congress passes the 25...



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